

In the Specification

Please amend paragraph 38 as follows:

[00038] Unit 40 also includes through hole 42 in a side of ~~upper 20~~ outsole 30 where through hole 42 extends all the way through ~~upper 20~~ outsole 30 from inner surface 22 to outer surface 24. Through hole 42 is in communication with both plurality 34 of channels and plurality 54 of notches to ventilate air from inside shoe 10 to the atmosphere and draw fresh air from the atmosphere into shoe 10. Due to the flexible materials used to provide footbed 50 and outsole 30, air within unit 40 is forced out through hole 42 as a user compresses footbed 50 and outsole 30, and also plurality 34 of channels and plurality 54 of notches, during walking. At the end of a user's walking stride, footbed 50 and outsole 30 are decompressed, along with plurality 34 of channels and plurality 54 of notches, and air is therefore drawn in from the atmosphere via through hole 42 into shoe 10. As shown, multiple through holes 42 may be utilized. In some embodiments, through hole 42 includes filter 76 for inhibiting debris from entering shoe 10.